One Tooth Experiencing Painful Receding Gums – Causes & Treatment

If you are experiencing painful receding gums around just one tooth, it can cause sharp sensitivity and discomfort while eating or brushing. One tooth experiencing painful receding gums usually happens due to aggressive brushing, plaque buildup, gum infection, teeth grinding, or pressure on a single tooth. When the gum pulls back, the tooth root becomes exposed, leading to pain and sensitivity to hot and cold foods. Early treatment is important to prevent further damage. Improving oral hygiene, using a soft-bristled toothbrush, and visiting a dentist for professional cleaning can help manage one tooth experiencing painful receding gums effectively. For more details visit: https://luxiadental.com/one-tooth-experiencing-painful-receding-gums/